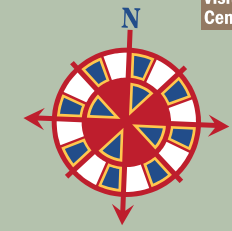


# MacDill AFB RUNNING ROUTES



**Short Fitness Center**  
8115 Cypress Stand St. (Bldg. 303)  
*Located between Hangar Loop Dr and Marina Bay Dr.*  
**(813) 828-4496**

Start

**North Track**  
Inside Lane: 6 3/4 laps = 1.5 Miles

1.5 Mile Finish

3 Mile Finish  
13.5 Laps

**South Track**  
Inside Lane: 6 laps = 1.5 Miles  
*(Note: Official USAF FAs have priority)*

Revised 7 November 2023



## SHORT FITNESSCENTER MACDILL AFB FL

### 3K/5K Fun Run Routes

Both routes start near the Short Fitness Center Pavillion/South Running Track.

**3K (Out & Back)** .....  
Run towards Cypress Stand, L on Marina Bay Drive, follow the paved trail, Turn around at McClelland Ave., Finish at the Parking lot

**5K (Out & Back)** .....  
Run towards Cypress Stand, L on Marina Bay Drive, follow the paved trail, go past McClelland Ave., past SouthShore Drive, veer L on Golf Course Ave., Turn around at Chinook Drive (Near FamCamp Annex), Finish at the Parking lot

### Running Routes:

All routes start from the Fitness Center; all measured in miles.

**1.5m Out (Out & Back 3m)** >>>>  
**Route A (1.5m):** R on Hangar Loop, L on Bayshore, end at gate **OR:** R on Hangar Loop, R on Bayshore, end at McClelland **Route B (3m):** Choose one of the above routes and return to the Fitness Center

**3.2m (Roundtrip)** >>>>  
R on Hangar Loop, R on Bayshore, R on McClelland, R on Marina Bay, R on Cypress Stand, end at Fitness Center

**3.15m (Roundtrip)** >>>>  
R on Hangar Loop, R on Bayshore, R on McClelland, Merge onto offroad running path (through woods and over a bridge), R on Marina Bay, R on Cypress Stand, end at Fitness Center

**4.1m (Roundtrip)** >>>>  
R on Hangar Loop, R on Bayshore, R on Golf Course Ave., R on Marina Bay, R on Cypress Stand, end at Fitness Center

**5.7m (Roundtrip)** >>>>  
R on Hangar Loop, R on Bayshore, R on Golf Course Ave, L on Marina Bay to Marina parking lot, back North on Marina Bay Dr, R on Cypress Stand end at Fitness Center

